



Going squirrely for the outdoors
Get out and learn how to survive in the wilderness. Conestoga program will show you how.

Feature 7

Spoke

Custodians make a clean sweep

Housekeeping company that keeps Conestoga clean wins quality award.

News 3

Exercise for a good cause

Rec centre's aerobics classes to help family of a one-year-old who has cancer.

News 5

Monday, April 4, 2005

Conestoga College, Kitchener

36th Year — No. 12



(Photo by Tim Murphy)

Spring weather springing our way

Warm weather brought out lots of people over the Easter weekend including these hikers on the Walter Bean Grand River trail at RIM Park in Waterloo. Walter Bean was a Waterloo business and community leader who believed in contributing to the welfare of area residents. He was instrumental in creating a public hiking trail along the Grand River. The trail is still under construction. When complete, it will extend 79 kilometres along the Grand River from Woolwich Township to Cambridge.

New student life co-ordinator will be a busy bee

By JON YANEF

Imagine an environment where your learning experience is more fulfilling and your potential can be reached and celebrated more easily.

Conestoga College is striving to do just that for students.

The first step in achieving this goal will be to hire a student life co-ordinator.

Carol Gregory, Conestoga's student development director, said the position is being created so students can be given more opportunities for involvement within the college.

"The students need a well-rounded college experience, so they don't pass through with only a diploma or degree," said Gregory. "My hope is when each student completes his or her college career, he or she will leave with a positive stepping stone in his or her life."

The student life co-ordinator will be responsible for developing and implementing a long-term strategic plan for student life at the college, while also co-ordinating student activities within the college. The co-ordinator will collaborate with a committee, which includes college students, Conestoga Students Inc. (CSI), service areas, faculty and alumni to help implement key initiatives within the strategic plan.

Gregory said the new co-ordinator will also create orientation activities. The position entitles the co-ordinator to recruit, hire and train orientation assistants for the orientation process in the fall.

He or she will also plan and implement activities that link Conestoga's Residence and Conference Centre with the college. This will include co-ordinat-

ing service areas with the residence such as the recreation centre, Student Services, health services and career services.

Gregory said the co-ordinator will also create a model that helps recognize and celebrate student success at the college.

"We have students accomplishing incredible things and we want to celebrate them and get their names out in the college community," she said.

Another of the student life co-ordinator's duties will include developing and monitoring student web pages that highlight student life, leadership and services while promoting an integrated student experience at the college.

The co-ordinator will also have the responsibility to research student life programming and activities at other educational institutions so he or she can bring the best practices back to Conestoga College.

Gregory said the co-ordinator will help with the communication process so the students are aware of what is happening within the college.

"Conestoga has a lot of good elements within the college and they have to be pulled together," she said. "The student life co-ordinator will create the systems and the process to make this possible."

The student affairs department hopes to hire the student life co-ordinator within the next two months.

The co-ordinator is just one of the things Conestoga is doing to enhance the learning experience for students. CSI and the college are building a new student centre and the college is working on more degree completion agreements and part-time employment ideas that are more accessible for students.

Students take home second in engineering competition

By DAWN HASSON

Four students from Conestoga College won second prize in a second annual engineering competition.

The four young men who represented Conestoga College worked hard to make a wooden catapult for the competition put on by the Canadian Wood Council. They took home a prize of \$1,000 as well as two textbooks from the council.

They competed against 14 other teams, all from Canadian colleges and universities. They drove to Ottawa and worked to hit a minimum target of 20 metres with a two-pound ball.

"They put a lot of work into it and did extremely well," said Mark Bramer, the co-ordinator for the college's woodworking program. "We're very proud of their efforts and their results."

Last year, Conestoga College's team came in fourth place.

Greg Saunders and Pat McIntosh are on their work terms right now and could not be reached for comment, but fellow second-year woodworking students Bruce Durward and Craig Laaksonen said they were surprised when they learned they received second prize at the awards ceremony.

"We weren't expecting second place, especially after we saw the team that started (which did really well)," said Laaksonen.

The Conestoga team of four had to shoot the two-pound ball and "keep nailing a certain point." The top prize was based on distance, with a \$1,500 reward and three textbooks.

Conestoga provided the students with most of the wood to make the catapult, which cost approximately \$50. The team guesses they spent about \$100 for the other materials. Their catapult is in Whitby with one of the team members.

"It was a long drive but it was

worth it," said Durward.

The catapult took them approximately eight weeks to put together and they had to make it without using wood-plastic composites or concrete or steel structural members. They were allowed to use non-elastic ropes, metal screws, nails, bolts, washers, nuts, steel connector plates or braces, shear plates, split rings, hinges and glue.

The catapult could have a mass of no more than 70 kilograms.

Three one-square metre targets were installed vertically at ground level and placed at 20 metres, 30 metres and 40 metres. The objective of the competition was to hit the targets directly as many times as possible within a period of 30 minutes using the two-pound ball.

Three points were awarded for a 20 metre target hit, five points were awarded for a 30 metre target hit and 10 points were awarded for a 40 metre target hit.

Conestoga residence looking to hire residence advisers for the fall

By ALEXANDRA MASTRONARDI

If you like to save money and meet new friends while gaining experience, then a residence adviser (RA) job may be for you.

The Conestoga Residence and Conference Centre is hiring RAs for the 2005-2006 school year.

Resident advisers are students who patrol the hallways in residence, ensuring the rules of the building are being followed, and who organize fun activities for students. They are also students who enjoy helping others and provide assistance to other residents.

Candice Avery, assistant general manager of the residence, said they

are looking for people who can be leaders, are hard-working and who want to make a positive contribution to residence life.

"The best RAs are outgoing students who can be a friend to everyone," said Avery, who is also the residence life co-ordinator.

Maita Taruvinga, a current RA, said being an RA gives you a voice.

"It's really a great opportunity to show your strengths and your weaknesses through leadership," she said.

"It's not too time-consuming and you have nothing to lose by trying it."

Resident advisers are paid and students usually make back half the

cost of the residence fees, which works out to be approximately \$2,500.

The residence is also looking for social orientation staff for next year. These students are volunteers who receive free early move-in in August and help set up the residence for the new school year. They also sit on the social fund committee and have a say as to where the money is directed within the residence.

There are currently seven positions available for RAs and 15 social orientation staff positions. Anyone interested can contact the residence at (519) 895-2272. Deadline for applications is April 11.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the craziest prank
you've ever pulled?



"We covered my buddy's
Jeep in snow and it melted
and ruined the interior."
*Derek Murphy,
first-year firefighter*

"When my brother was
potty training I put plastic
wrap on the seat so the
pee would bounce back
and hit him."

*Michelle Wheatcroft,
first-year accounting*



"We put maggots in
my friend's sleeping
bag."

*John Yungblut,
second-year
engineering*

"I put green food colouring
in the toilet and red food
colouring in the back tank
so when they flushed to
get rid of the green, it
turned grey."

*Kevin Davison,
first-year electronic
engineering*

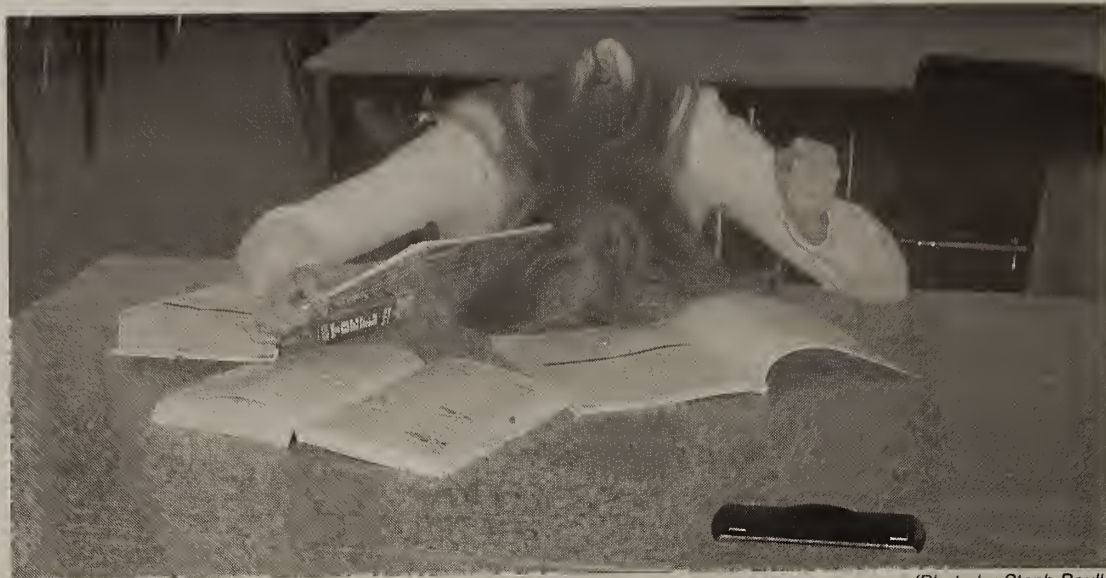


"I made a CD for my
daughter's dad but I just
put New Kids on the
Block on it."

*Sabrina Paradis,
first-year nursing*

"At a party a guy passed
out and we shaved his
eyebrows and his hair."

*Rachel Thomson,
third-year mechanical
engineering*



(Photo by Steph Baulk)

If the weight of exams is too much, students should check out the stress-free zone on April 20.

Stressed out students get a chance to relax

By STEPH BAULK

"Exam week is a time when people stay up too late, don't eat, don't have any fun and do all sorts of things that can result in burnout and actually make them do poorly on tests," said Joan Magazine, a counsellor in Student Services. This is why the department provides the stress-free zone.

The stress-free zone is a workshop that will be held on April 20 in Room 1B26, giving students a short break from textbooks and study notes.

Magazine said the stress-free zone is held for several different reasons.

"It's there to create a fun and relaxing activity for students during a stressful time, and we also teach them how to relax and how to take care of themselves," she said.

The stress-free zone is an open door service, where students can just walk in and take advantage of whatever is being offered.

"We actually get both a reflexologist, who often brings a student in training, and two registered massage therapists," she said. "So students can actually get a mini hands-on massage."

In order to get a massage students should show up to the event early because there is a sign-up list.

Magazine said during the workshop there are usually about 100 students who have a massage or other service while others who pass through just pick up some information or have a snack because they can't wait for a massage.

The workshop is being held one

day only this year for three hours from 10:30 a.m.-1:30 p.m.

In previous years Student Services has held the workshop for two hours over a two-day period.

Magazine said the event has reduced hours this year because they couldn't find a classroom that was available for two days in a row where they could set up their stuff and leave it there.

"That means 25 per cent less time, and therefore, people who could fill that time, and they would, don't have a chance to get the hands-on work."

If you don't have a chance to get a massage or other service, the workshop has other qualities that make it worthwhile.

Student Services provides handouts in the hall as you walk by about how to study and manage stress.

Magazine said there is also a stress questionnaire for students to fill out while they're waiting for a massage as well as stress balls and toys to play with while you wait.

"We also have some aromatherapy there. We have veils of lavender and rosemary," she said. "Lavender is for relaxation and rosemary is for stimulation or sharpening your mind."

Biodots, which indicate your stress level by the heat in your hand, are also a fun activity for students who stop in to check out the workshop.

Student Services also provides water and some healthy snacks such as popcorn and apples for students who may be skipping meals in order to squeeze in an extra half-hour of studying.

However, if you are feeling seri-

ously stressed and the workshop only provides a little relief, you may want to consider a one-on-one appointment with a counsellor from Student Services.

Magazine said there are signs around the room in the workshop telling students they can come to Student Services and meet with a counsellor at their convenience.

"It really depends on the time of the week and how flexible the students are with their schedule," she said. "But usually we can get a student in within the same week."

Some students are so busy with exams they are often letting other important things go, and that's when Student Services gets more emergency or panic appointments.

Magazine said sometimes at Conestoga it's hard to get people out to events, but the stress-free zone has gained a reputation over the semesters.

"We have had no problems filling up every slot that those professionals have. The students seem to appreciate the opportunity," she said.

SIGNS OF STRESS

- Headaches
- Excessive sadness
- Back pain
- Overeating
- Loss of appetite
- Depression
- Loss of energy
- Emotional
- Insomnia
- Stomach problems
- Constantly worrying

Ask the Library for help online

By ALEXANDRA MASTRONARDI

Ask the Library is a new virtual reference service that offers online help to students and faculty at the college.

The service has a college librarian online from 11 a.m. to 3 p.m. Monday to Friday.

Students can contact a library staff person over the Internet and that person will help you do research, said Cathy Potvin, who works in Conestoga's learning resource centre.

"It's beneficial for students

because rather than sending us an e-mail and having to wait for a response, we can respond immediately, we can chat with students and give them websites that will help answer their questions," she said.

A log of all questions and answers is recorded for future reference by other students.

After logging on, students will have access to a chat screen where they can communicate with the librarian. Live voice chat is also available for students with compatible equipment.

Potvin said the service began after

a number of college librarians in Ontario decided they wanted to offer more resources to students.

As the service expands students may be able to receive help from librarians at other colleges allowing for longer hours of operation.

"The service is starting out small, only a few hours per day, but we'll probably expand to other colleges and hopefully longer hours," she said.

The virtual reference, offered by Conestoga, Centennial and Georgian colleges, can be accessed at www.conestogac.on.ca/lrc.

Smile Conestoga, you could be our next respondent!

College's custodial company receives award

By CHANTELLE TIMPERLEY

The housekeeping company dedicated to keeping Conestoga College squeaky clean has been rewarded for their excellent service.

The London Chamber of Commerce presented Martin Building Maintenance Inc. with the award in London on March 2 for being the top company for quality.

The company received a plaque as well as automatic entry into the national competition.

The award is given out every year. Those nominated fill out a questionnaire based on criteria such as leadership, planning, people focus and overall business performance.

The Kitchener-Waterloo and Cambridge branch of Martin Building Maintenance, which does the housekeeping at Conestoga College, and the London branch were both nominated, but it was the London branch that won the award.

Either way, Conestoga's Martin Building Maintenance resident manager said it's a win for everyone.

"A lot of us from this area contribute to the success that we have with some of our sites down there as well," said Chris Hinsperger. "It really is an overall achievement for the entire company."

Martin Building Maintenance's parent company, the Hurley Corporation, has also been nominated this year as one of Canada's 50 best-managed companies.

Hinsperger has been with the corporation for more than 10 years, and said it is a great company to work for because of the stability and dedication of its staff.

He explained that part of the reason the company has gained such a positive reputation is thanks to the exceptional attitudes of the workers.



(Photo by Chantelle Timperley)

From left to right, Sharon St. Cyr, Phyllis Caissie and Bryan Sprague are all custodial staff who work at the college. On far right, Chris Hinsperger is the resident manager from Martin Building Maintenance.

They take pride in their work, they want to do a good job and they do not have to be asked twice to do anything. Their job is also not something anyone can do.

Hinsperger said acknowledging them is a very important element in his company.

"I think that is something we have always tried to do, as far as handing out the pats on the back, giving credit where credit's due," he said. "We try to make sure every day to recognize that fact."

Martin Building Maintenance also offers various incentives like the bravo program, which nominates workers for employee of the month. Employees have a chance to win cash prizes as well as see their names posted in recognition of their hard work.

He enjoys serving the Conestoga community because he said he feels like he and the work-

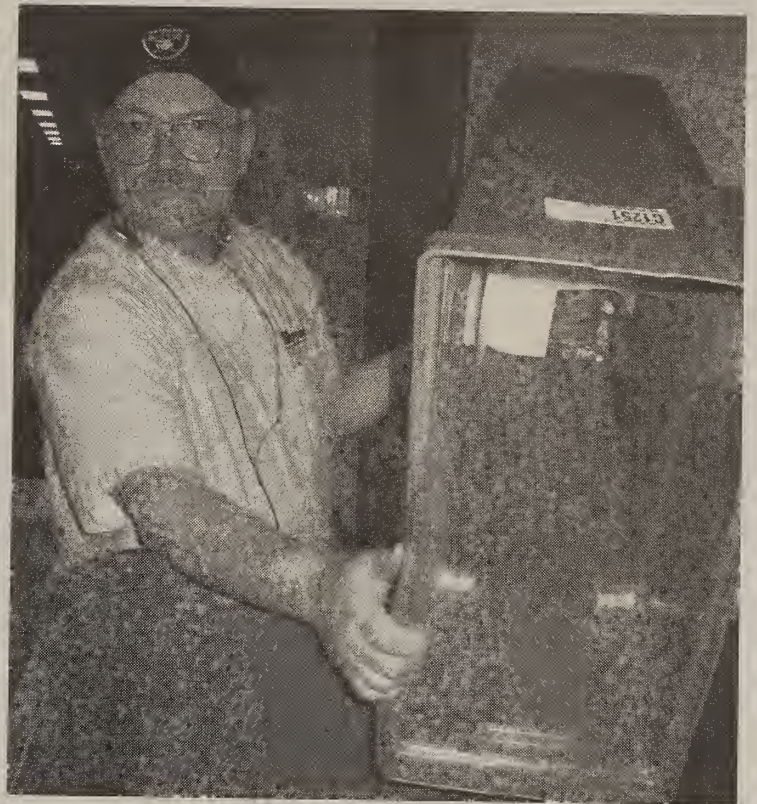
ers are appreciated.

"I enjoy the support that I receive from not just the company side of things, but from the college," he said. "They are quite aware of day-to-day challenges and I think a lot of our customers and other college staff appreciate that and recognize it, because they deal with a lot of the same things in their own departments."

Those challenges include dealing with complaints, supervising daily activities and educating customers on how things work.

Hinsperger demonstrated one way Martin Building Maintenance gets its positive reputation in excellent service by explaining how to handle difficult situations.

He first investigates a complaint and puts major emphasis on addressing customers face-to-face because it helps in getting to the core of the concern and makes the customer feel



(Photo by Alexandra Mastronardi)

Steve Rommelaere has been working in Conestoga's housekeeping department for nine months. He says he enjoys listening to KoolFM while he works.

like his or her needs are important.

Secondly, he identifies how to resolve the problem and takes into consideration the need to meet with employees one on one and talking to the customer about the scope of responsibilities the workers have.

However, his biggest success secret is to treat people the way he wants to be treated.

Phyllis Caissie, one of the school's custodians, said she likes the people she meets on a daily basis and enjoys working for Martin Building Maintenance.

"They're good to their people,

they're good to everybody," said Caissie. "I come in here and I do my work, so whether they got the award or not I would have kept doing what I do. It's just an encouragement for us."

Hinsperger said a simple thank-you is a great way of showing appreciation to the Martin Building Maintenance and its staff.

"Everybody wants to be recognized for doing a good job," he said. "It's nice that we can do that, sometimes in formal procedures, but for the most part it's everyday just saying thank you."

Celebrate 'students helping students' this week

By STEPH BAULK

"Students helping students" is what faculty, staff and students of the college will be given a chance to celebrate the week of April 4-8.

This week is dedicated to the hard-working peer helpers, which includes peer tutors and peer hosts, who are part of a group dedicated to helping others in need.

Melissa Turner, peer services administrator, said the purpose of peer appreciation week is to make students aware of the opportunities for students who want to get involved and be a peer tutor or host, or if students need help, to make them aware of the services.

"It's a week where we recognize and celebrate the peer helpers' efforts from the fall and winter terms, and it's also a week where we're looking to recruit students for the coming fall," she said.

Peer tutors are students who are hired to help students who are experiencing difficulty with their subject material.

There are also peer positions where the students run weekly learning groups to help other students who are struggling with course work.

Peer services also offers peer hosts, who are students who are matched one-on-one with another student. They also provide in-class conversation groups to stu-

dents from another culture.

On March 30, peer services is hosting an open house at the Doon campus for peer helpers.

Turner said the evening gives them a chance to recognize the efforts of their peer hosts by presenting certificates and gifts of appreciation.

"We also present our annual award of excellence for peer hosting at that event, so it's a chance for faculty, staff and students who work in our area to come and be recognized," said Turner.

Students, faculty and staff are welcome to come anytime between 4:30 and 6 p.m., where they can mingle, snack on some food and refreshments and pick up their certificates and gifts.

She said throughout the week peer services will have a display set up in the main corridor of the main building of the college.

"The display will feature all of the services, job and volunteer opportunities that are available, and we will be recruiting that whole week for people who want to be involved for the coming fall," she said. "So people can stop by to find out more information and if they are interested they can fill out an application form."

Currently, for the fall and winter terms, there are about 150 students working as tutors, learning group leaders or peer hosts.

Turner said they have tutors and

hosts from a number of programs to ensure students who need help receive it.

"With our tutors, we hire students where there are senior levels in the programs, so a second or third year," she said. "However, the peer hosts come from all across the college, and don't have to be matched with someone in the same program."

"It's a week where we recognize and celebrate the peer helpers' efforts from the fall and winter terms ..."

Melissa Turner,

peer services administrator

Turner also said they typically have about 450 students request a tutor each year.

"Requests vary by program," she said. "The largest demand for tutoring comes from the business and technology programs."

Turner said peer services does a number of things to raise awareness.

"What we try to do, at the beginning of the school year, is to have in-class presentations where we go into the class and make students aware of the services. It's part of orientation," she said.

"When we run learning groups for a particular program, we also do class visits where the tutor goes into the class and lets students

know it is a service offered to them, she said.

"We run ads in Spoke, we put things up on our bulletin board and we use the overhead by the Tim Hortons."

"Our website also has a lot of information about the peer tutoring services, as far as what it is about, how you can apply and the benefits of being a tutor."

"So we keep the website updated and we also post all of our group tutorials and our learning groups on the website as well," she said.

If you would like to request a peer tutor, you can go to the peer services office and fill out a form requesting a tutor.

A peer services staff member will then meet with you to review your request and get you matched with a tutor.

"Typically we can get somebody matched in a day or two, so it's not usually a long wait," said Turner.

"If we're having difficulty making the match it can sometimes be a little bit longer. When there are courses that are in high demand and we know a lot of students need help in that area, we offer learning groups, and that's what we've done this year."

There are about eight program areas they run learning groups in, and those are courses where they know a lot of students will ask for help.

"So in addition to somebody getting their own one-on-one session, they could go weekly to the learning group where there is a tutor available to help," said Turner.

If you are interested in becoming a peer tutor for the next school year, you have to have a 75 per cent program average and an 80 per cent average in the course you would like to tutor.

You also have to possess good communication skills, interpersonal skills and problem-solving skills.

If you meet the criteria you have to drop off a completed application form at the peer services office.

Turner said an interview would then be held, which would be done before you leave the campus for the summer or during the summer.

"We also get a large number of recommendations from the program," said Turner. "So in May or in early June, the program will provide us with a list of recommended students who have achieved good grades and also would make a good tutor."

"We then send out our recruitment packages to the students who have been recommended and interview them for fall positions," she said.

If someone is successful in becoming a tutor they would then have to go through a full day of training, which generally happens in August or early September before the fall semester starts.

Help stop the bloodshed

Violence. Murder. Terrorism.

These topics are trumpeted across media headlines on a daily basis.

March 23 was no exception. The day before, Minnesota teen Jeff Weise killed his grandparents, drove to school and murdered seven others before turning his gun on himself in one of the deadliest school shootings in U.S. history.

On March 6, Alnoor Amarsi threw his five-year-old daughter off the Don Mills Road overpass onto Highway 401 before plunging to his own death.

And, on March 3, heavily armed criminal James Roszko ambushed and murdered four Mounties near Edmonton before taking his own life.

It often seems we are inundated with nightmarish stories of bloodshed from around the world.

As a result, some people have become indifferent to the terror.

However, those who turn a blind eye to the latest suicide bomber in the Middle East must presumably take notice when such violence occurs in their own backyards.

But what can be done to prevent needless tragedies close to home?

Sure, there were warning signs in all of the above mentioned cases.

It is alleged that Weise, who admired Hitler and nicknamed himself the Angel of Death in German, had threatened to pull a Columbine in Red Lake.

This troubled boy, whose father had committed suicide, used his free time to create comic books depicting macabre scenes.

Shamsha Hassam, Amarsi's wife, had warned authorities she feared her suicidal and debt-ridden husband, with whom she was in the middle of an acrimonious child custody battle, may harm her or their daughter.

Amarsi's actions the day he hurled his daughter off the bridge were premeditated. He left two suicide notes.

And, subsequent to Roszko's killing spree, witnesses have come forward claiming he said he planned to shoot a police officer.

Roszko's own brother, John, places blame on the justice system that let James, a convicted child molester and known threat to society, walk free.

Laws, procedures and protocols will fail; the human mind — especially that of a mentally deranged murderer — is not easy to predict.

Despite the implementation of measures to prevent horrific crimes, offenders will slip through the system's penetrable cracks.

Moreover, the police and other agencies charged with protecting society do not provide an infallible safety net.

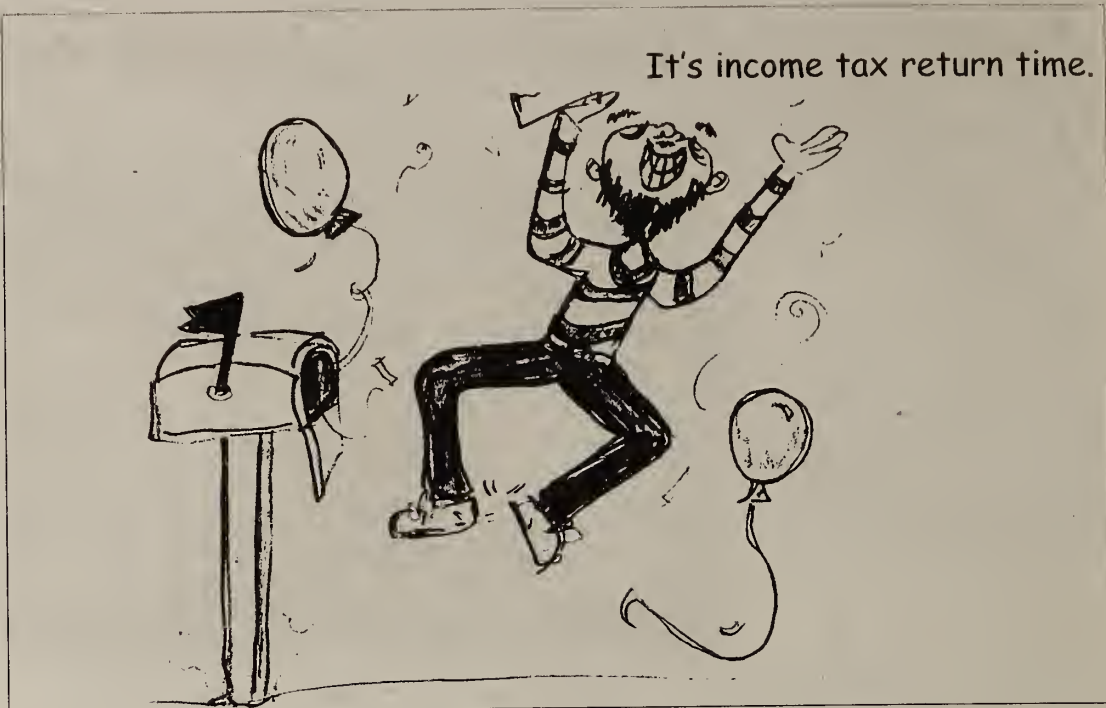
A superhero who is faster than a speeding bullet and more powerful than a locomotive cannot be relied upon to leap over tall buildings in a single bound and to save mankind from itself.

Instead, it is the duty of every citizen to accept responsibility and be vigilant.

Alert the police if you suspect someone you know might be a threat to society. Continue to press authorities until your voice is heard.

You may be wrong.

But why take the chance?



Love is not a fairy tale

Perhaps I'm overly pessimistic, but I really think the entertainment industry is misleading young girls.

One example is the "chick flick" movies where a couple falls madly in love, reaches some sort of obstacle and miraculously gets back together sealed with a passionate kiss, while romantic music plays and, sometimes, there's fireworks in the background.

There are endless love songs where men bear their feelings and make us swoon like the Backstreet Boys, N'Sync, and country music artists like Gary Allan and Tim McGraw.

Sorry, but while I like that stuff, I just can't buy it. Men don't generally bear their feelings or declare their love for you or wait quietly on the sidelines for you. Yes, I know, it's negative and maybe a little bias. But let's face reality here. Anyone who's been in any kind of relationship must know that they are a lot of work, and there are some obstacles that some couples won't ever rise above. When you kiss the man of your dreams, there will be no music and absolutely no fireworks, unless you're at a Canada Day celebration.

So I wonder, does all this sappy romance only set young girls up for disappointment?



Dawn Hasson

Opinion

What young girls should be taught is that relationships require a lot of time and effort, good communication and a strong sense of self. If you can't love yourself or you don't have enough self-respect, how can you expect someone else to love you?

When you kiss the man of your dreams, there will be no music and absolutely no fireworks, unless you're at a Canada Day celebration.

On TV, there are ridiculous soap operas in which the characters have various love affairs; the marriages almost always end in divorce and the characters have way too many earth-shattering experiences in their lives. While this would drive us normal people to therapy or perhaps to an institution, the soap opera characters just find another

man to have steamy sex with and everything's right in the world again.

True happiness does not come from love affairs. It comes from within yourself. You have to know deep down what you like, what you hate, what you want to do with your life as well as various other matters. You have to protect yourself. Despite what the entertainment industry portrays, no one else is going to do that for you. Loving yourself is very important, especially at a young age where you're trying to figure yourself out and what you're going to do with the rest of your life.

It's easy to get caught up in the fairy tale ideas. In generations before us, women were expected to get married and have children. Now, people are waiting longer until they get married and some women don't even bother. Post-secondary education and financial issues are coming first. You should put yourself first. Decide what it is that you want, and don't let the hype affect you. The harsh truth is, it's fake. Find something real, and find it within yourself. True happiness does not portray some Hollywood depiction of a fantasy that will likely never happen, so enjoy life in your own way.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Rec centre classes raise money for tot

By CHANTELE TIMPERLEY

A benefit will be held on Saturday, April 9 in Conestoga's recreation centre's multipurpose room for a toddler with cancer.

Aerobics classes focusing on abs, legs and cardio will be held at noon and 1 p.m.

One-year-old Liam Robertson was four months old when his mother Helen noticed a lump on his abdomen while bathing him. He was shortly after diagnosed with neuroblastoma, one of the most common tumours found in babies or young children.

It develops most often in the abdomen, attacking the adrenal glands on the kidneys. The disease attaches itself to nerve tissue, and tumors can also be found in the chest, neck or pelvis.

Colleen Holmes, a fitness and equipment technician, said the rec centre picks a child or a cause to help support every year. One of the staff members knows Liam's mother and approached Holmes.

"It was just a thought process, and an alarm went off and I thought, 'I'm going to do this,'" she said. "I talked to my supervisor Duane and he was right in there."

Holmes lost her four-year-old son Danny to neuroblastoma in 1997, and said she understands what it's like to go through the struggles.

"Childhood cancer, even though we do have OHIP coverage, doesn't cover the fact that mom stays home and takes care of the child, often losing her job," Holmes said. "I know so much about it because I was that person."

Holmes also said treatments now are better and have more to offer than the ones that were available

for her son.

"The treatment my son had was not as advanced as what Liam's has to offer," she said. "Hopefully that will continue to change and continue to get better and better for children in the future who are diagnosed with this."

Holmes said word is being spread through flyers and word of mouth. Some programs with fitness courses, such as firefighting, paramedics and police foundations, are big supporters of the rec centre's fundraising initiatives.

"Childhood cancer, even though we do have OHIP coverage, doesn't cover the fact that mom stays home and takes care of the child, often losing her job."

*Colleen Holmes,
fitness and equipment
technician*

She said the college's firefighters are especially working hard on their own to raise money for Liam.

Liam continues to go through chemotherapy treatments to shrink the size of the tumour so it can be surgically removed.

An information sheet on Liam describes him as being a cheerful little boy who always has a smile, but that the disease has put a lot of strain on his parents.

Anyone attending is asked to donate a minimum of \$2 to the Liam Fund. Proceeds from the benefit will be given to Liam's family to use how they see fit.

Some words best left unsaid

When I stroll through the halls of Conestoga College's Doon campus, I often overhear students' conversations.

They generally chatter about such trivial topics as homework, lunch and the weather.

Even if I tried, I could not recall any of these superficial exchanges.

However, I recently heard something that has remained fixed in my mind.

A couple of weeks ago, I was headed down a hall while two young men, who were walking in the same direction, matched my pace close behind.

In booming voices, they were complaining about the 24 hours of charity work they were required to perform in order to complete their program.

The one student said he wished he could falsify the necessary documents, thereby shirking his volunteer duties. His friend responded that would be tricky to do without getting caught.

After a moment, the friend suggested different options for his classmate's placement, such as at an "old people's home."

Up until this point, I thought these scheming students were lazy and slightly foolish, but laughable nevertheless.

Then it happened. "You could work with retards," said the friend nonchalantly.

There was a moment of silence that was broken when the other young man countered it would be much simpler to just doctor the forms.

If those students had spouted off vulgar profanities for the entire five minutes they walked behind me, instead of uttering the word "retard" once, it would have sounded like sweet music to my ears.

Forget about being politically correct — that word, in any context, is unacceptable.



Jennifer Ormston

Opinion

The scene conjured up images in my mind of African-Americans in the 1950s making their way down narrow aisles to the back of a bus while certain Caucasians at the front sneered and called them offensive names as they passed by.

Such derogatory labels should be washed from everyone's mouth.

Although I am disgusted by the student's remark, I will admit. I am also somewhat disappointed in myself.

I place a high value on self expression and have never been shy about speaking my mind.

But, on that day, I remained speechless despite my inner rage.

I cannot explain my passive response.

Could it be my week-long battle with the flu had taken some of the tiger out of me? Or, was I in a state of shock?

Regardless of the excuse, I am ashamed.

However, I take solace in the possibility the offender might read this article and reconsider his suggestion.

Perhaps he will be inspired to pick up a copy of the dictionary and learn that the word "retard" describes a delay in progress or development; only in offensive slang does it refer to a person who is mentally challenged.

And, to the charitable organization that unwittingly accepts either student as a volunteer, please accept my deepest condolences.

CORRECTION

In the March 21 edition of Spoke, the incorrect date for the NCAA Division One Men's Basketball Tournament's National Championship game was given. The championship game is today (April 4). Also, Gerry McNamara's name was accidentally omitted from the list of returning seniors from Syracuse's National Championship team. Spoke apologizes for the errors.

VOTING FOR THE BOARD OF GOVERNORS

DOON CAMPUS

ACADEMIC CONSTITUENCY

ANNE CHARLES

FRAN GREGORY

JEANETTE LINTON

ADVANCE POLLS:

(For those unable to vote on Wednesday, April 6, 2005)

Monday, April 4th

11:00 a.m. — 1:00 p.m. Room 2B08-1

Tuesday, April 5th

11:00 a.m. — 1:00 p.m. — Room 2B08-1
5:00 — 7:00 p.m. — Main Foyer (inside Door #4)

VOTING DAY: WEDNESDAY, APRIL 6, 2005

11:00 A.M. — 1:00 P.M.
MAIN FOYER (inside Door #4)

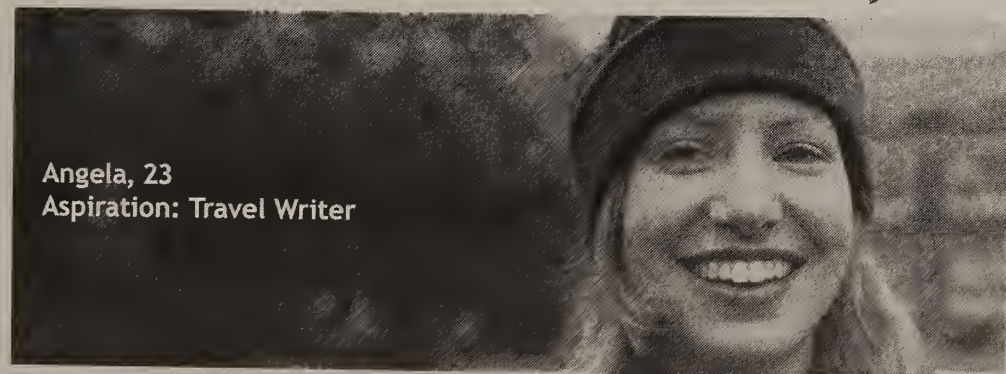
AND

5:00 — 7:00 P.M.
MAIN FOYER (inside Door #4)

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SCOTT INGRAM-COTTON

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FRANCESCO ROBLES

MAITA TARUVINGA

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Please be prepared to produce your College ID card or Driver's License as identification

Aspiring nurses teach students a thing or two

Healthy eating, STDs and other infectious diseases among topics covered

By STEPH BAULK

The health fair held on March 22 and 24 by the first year bachelor of science in nursing students gave other students a chance to get educated on things like eating healthy, STDs and other infectious diseases.

The health fair was step three of a four-step assignment they've been doing said Heidi Holmes, a clinical tutor for the bachelor of science in nursing program.

"It's not someone coming in from outside the college with what they feel is important for the students to know, it's what the students actually said they wanted to know more about."

*Heidi Holmes,
clinical tutor*

"First the students went to the student population and did a needs assessment related to health," she said. "(They wanted to know) things like what the health needs of the students are, what they would like to learn more about and where they feel they need to improve their lives from a health point of view."

The nursing students surveyed students from across the college and got the information they needed and then came up with a teaching plan, which was the second step.

The third step of the assignment was the health fair, where students



(Photo by Steph Baulk)

Leslie Sweet, Kristina Ondrias and Khojasta Babury, students in the bachelor of science in nursing program, displayed and distributed information on fad diets on March 22 in the Blue Room.

interacted with other students using teaching and learning theories, like how do people learn best, what are different learning styles, etc.

The fourth and final step of the assignment is a reflection on the whole process.

Holmes said the health fair was mainly a poster presentation to

draw the students in. Then the students running the booths would involve the visitors by playing games, awarding prizes and handing out different things like condoms at the STD stand.

About 20 to 30 booths were set up from 12-3 p.m. around the college in the E-wing on the second level, as well as by the Tim Hortons and in the Blue Room.

Holmes said the process is a great initiative for the nursing students to get them out into their community,

which is the college, and see what the health needs of the students are and get them interacting with clients.

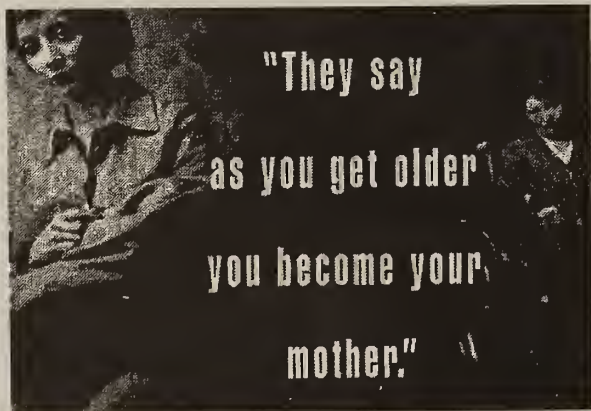
"From the general students' perspective, it's a great opportunity to have some of their peers who are in a professional program, but still in their age group, who can relate to them and provide some information on what they perceive their needs to be based on the assessments they did," she said.

"It's not someone coming in from

outside the college with what they feel is important for the students to know, it's what the students actually said they wanted to know more about."

The nursing students did everything from buying the poster boards, going out into the community to get resources and information packages and putting up all the information by themselves.

"It's a very self-directed program," said Holmes. "And they've been very good with that."



"I hope to God it's not true."

My mother is dying from Huntington disease. It's an inherited brain disorder that is slowly chipping away at her mind...her body...her soul.

It may take 10, 15 - even 25 - years before it finally kills her. And even then, the disease may not go to the grave with her.

You see, once you develop Huntington disease, there's a 50 percent chance you will pass the gene responsible for Huntington's along to your children. And

if they develop the disease, then their children face those same fifty-fifty odds.

Just like my mother, I wanted to give the gift of life. What have I done instead?

But there is hope. Recent research breakthroughs have brought us closer than ever to finding a cure.

With your support, we will beat this disease once and for all. Please call the Huntington Society of Canada today.

We need your help



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COUNSELLOR'S CORNER: Final Exams

Whether to panic or to prepare. Whether to sulk or to study. Whether to become enlightened or to remain in the dark, hoping for the best. How you use your time and energy is up to you and will determine your level of success or failure.

To go into the exam period with your eyes wide open, you need to know:

- how many exams you have and in which subjects;
- when, where and for how long they are scheduled;
- what material will be covered with emphasis on which areas;
- what format the exam will have (multiple choice, essay, short answer);
- what percentage of your final mark the exam covers.

About three weeks before exams start, mark the times and locations of each exam on a calendar. For each course, list what you need to study and the sources you will use (textbook, class notes, lab. assignments). Estimate the amount of study time you will need and indicate study periods on the calendar. By planning ahead, you know you will have time for each subject.

Use all sources of help available to you: old exams, classmates, study groups, class review time, text notes or highlighted sections, text summaries and chapter questions. Ask your faculty for help and information about the exam.

Avoid common mistakes:

- over-studying for the first exam and running out of time and energy for the others;
- working hard for the course(s) you like and neglecting others;
- not starting early enough, leaving too little time during exam week.

If you would like assistance in preparing for final exams, come to the Student Services office.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

Wilderness survival important for everyone to know

By CHANTELE TIMPERLEY

Camping season is just around the corner, and there's no better way to learn about bonfires and outdoor safety than by attending a wilderness survival program.

David Arama has been running Wilderness Survival School Inc. for the past 25 years, and has been at Conestoga teaching the programs for the last five or six. He speculates Conestoga students are unaware that his programs even exist.

"What we've found is we get very few people that are actually from the campus that have even ever heard of the program existing," he said. "When they do they're like 'well, that's pretty cool, I might just take a course.'"

He has a degree in environmental studies and diplomas and certificates in business administration, outdoor recreation and wilderness emergency care. He teaches at colleges across southern Ontario, including Humber and Niagara.

Arama's love for the outdoors was the main reason he started up the school. However, the school also fills a need in the community because so many people do not have the skills needed in the wilderness.

"It can be a place of great adventure, but on the other hand, it can be a place of great danger if you're not prepared," he stressed. "They just pack something up and head out and find out the hard way when they're on a class three rapids that it's important to know a jay stroke or pack a canoe a certain way."

Some of the basic things Arama said students learn from his programs are how to avoid getting lost,

learning the best things to do to increase your chance of being found if you do get lost, learning how to create a survival kit and how to use maps and compasses. Arama also said the skills learned from the five-week programs can be applied to any ecosystem.

"We have a motto," he said. "You are biodegradable. Don't become one with nature."

The programs include an overnight weekend survival simulation near Parry Sound and Georgian Bay where groups are dropped in the woods without tents, sleeping bags or supplies. Their challenge is to find a way to protect themselves, such as building fires and shelters.

Arama said students are also taught how to signal for help and which plants are edible. There is even a course dedicated to teaching people how to deal with mosquitoes and black flies, which repels to use and the pros and cons of using them.

Arama said more than half of each program is spent outdoors, whether it means backpacking, canoeing, hiking or even day outings. All together there is a 20-hour wilderness component to each program. The price for all trips is included in the program fee, which can range from \$75 to \$208.

The programs are available year-round and people can sign up any time. They can register by calling Conestoga's recreation centre or by contacting continuing education. There are no prerequisites other than being an adult over 18, maintaining reasonable health and having a good attitude.

A basic outdoor certificate can be achieved with five courses, and an advanced one with 10. Arama said most people just take something of interest, but that some programs may allow a general interest credit. It would be beneficial to anyone working in the outdoors, or even to teachers.

IF YOU BECOME LOST

David Arama's Survival Tips:

- stop (sit, think, observe, plan)
- stay put
- construct shelter and fire
- find water
- signal for help
- think positively
- keep busy
- wait for help
- stay calm
- conserve calories

Arama said it is good for leadership skills for anyone involved with boy scouts or girl guides. "There could be a lot of angles," he said. "It's more for general interest and the challenge, but it's a good social atmosphere too."

He said it might also be taken as a specialization for a full-time diploma, but if you are interested you should check with your program co-ordinator.

Being outdoors does not hurt a resume either. It gives people the chance to network and can lead to students clustering together for trips

outside school. It provides an atmosphere of team building, personal growth and according to Arama, builds strength and character.

"For some people it might be something different, to step outside the boundary of their normal comfort zone and just try something challenging," Arama said. "Maybe they're not interested in becoming the survivor expert of the woods or something like that."

Dressing properly can also be a big part of being outdoors. It is good to do this because weather can take unexpected turns, and you would not want to be stuck somewhere and cold.

"I recommend for any time of the year wool and fleece, because they both work well when they're wet and they dry quickly," Arama explained. "Anyone in the back country, who's dressed all in cotton or very fine synthetics that are great for when you're on the move, can be in some serious trouble if they have to spend the night unexpectedly."

Another reason to be familiar with outdoor survival is to spare other people the cost of trying to find you. Arama said an average search and rescue is close to \$30,000 a day, and helicopters can cost up to \$5,000 per hour. Often when the Ontario Provincial Police finds people, the people have nothing on them for protection.

"Increasingly now, if they search

for somebody and find them alive, and it is found that the person was utterly negligent, they could very well end up paying the cost of the search," he said.

Arama said the most difficult part for people who have never been properly trained for the outdoors is the unexpected changes, referred to as environmental-related dangers, such as thunderstorms and snowstorms, heat waves and hypothermia.

Getting away on camping trips allows for some peace of mind and reconnects people with their natural instincts. It takes you away from modern civilization and shows you challenges that teach you how to be self-reliant. It also boosts confidence when you know you have succeeded.

"It teaches you a lot about, not just survival, but about life itself and about getting back to the basics, which I think we've gotten away from in today's world," he said. "We don't vote each other off the island. I'd just like to stress that."

Aniara hopes more people become aware of the dangers of being in the wilderness, and hopes his programs can be of some help - especially nearing spring time, when people start to get back into camping. He has some concluding words of wisdom to sum up the most important point.

"Hope for the best, prepare for the worst and take whatever comes."



(Photo by Kate Battler)

Look out below

Who said bird seed is only for the birds? This hungry little squirrel certainly doesn't seem to think so as he hangs precariously from this bird feeder, March 18.

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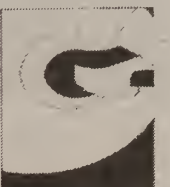
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For more information and to sign up visit the rec centre

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Canadians fall victim to racism

Recent study shows one in six have been targeted

By PAIGE HILTON

A recent Canadian study reports one in six Canadian adults have been victims of racism.

The Ipsos-Reid poll was held to mark the International Day for the Elimination of Racial Discrimination, March 21.

The survey was held March 12 to 15 and reports 13 per cent of people asked said they would never marry or have a relationship with someone from another race.

One in 10 people said they would not want people from another race living next door to them.

The Dominion Institute commissioned the report and is responsible for other public opinion research.

The institute's director said the study shows Canadians can't be complacent about racism.

"We knew that racism was a problem of the last generation. Well, according to four million of our fellow citizens, they feel that they've been a victim of racism," Rudyard Griffiths told the Canadian Press in an article at cbc.ca.

But counsellors at Conestoga College said they do not have a lot of racism being reported.

"There could be incidents that happen that we don't know about," said Shawna Bernard, a counsellor in Student Services. "But perhaps about once a year I have a student come to me in a counselling context who is concerned about something that might have happened while in the classroom or on placement."

"Usually if somebody makes the decision to come in to talk to a counsellor, they're feeling strongly about their feelings and needing to talk about it."

Kelly Nixon, a counsellor for Aboriginal students at Conestoga

and students with disabilities, said the college works to eliminate racism on campus.

"There are things like posters that I've seen in the halls where it says that any sort of discrimination or violence is not tolerated on any level," she said.

"(And) if a comment or some behaviour is done in the classroom, teachers are expected to model appropriate behaviour and call a student on that right then and there."

Nixon said incidents she has heard of are usually resolved informally, without involving the school's human rights co-ordinator. If a student does wish to make a formal complaint, details can be found in the Student Procedures Guide or the college's Human Rights Policy.

Bernard, who also has a leadership role with international students, said she tries to determine exactly what happened and how the student feels when he or she has been a victim of racism.

Then she can inform the student of his or her rights within the Student Procedures Guide and Human Rights Policy, and what he or she can do to resolve the issue.

Bernard said she encourages students to write down everything that happened so they are clear about it in their own minds.

She also said if it is safe to do so, she will recommend students speak with the person who made a racial comment and tell them how it made him or her feel.

Bernard said she had one student come to her after the student felt isolated during a class discussion.

"She felt the teacher didn't say anything inappropriate but she felt the teacher should have monitored the class discussion and not allowed it to continue. She was

the only international student in the class and she felt uncomfortable saying anything," Bernard said.

She said she helped the student to understand what happened and the student discussed the incident with the teacher. The student felt the issue was resolved after speaking with the teacher, Bernard said.

"That was a really good resolution. If she had felt that the situation wasn't resolved and if she had felt someone was making racist comments toward her then I would have told her of her right to take that to the human rights co-ordinator," Bernard said.

The college currently provides all first-year, full-time students with an orientation where they are informed of the college's services as well as the Human Rights Policy.

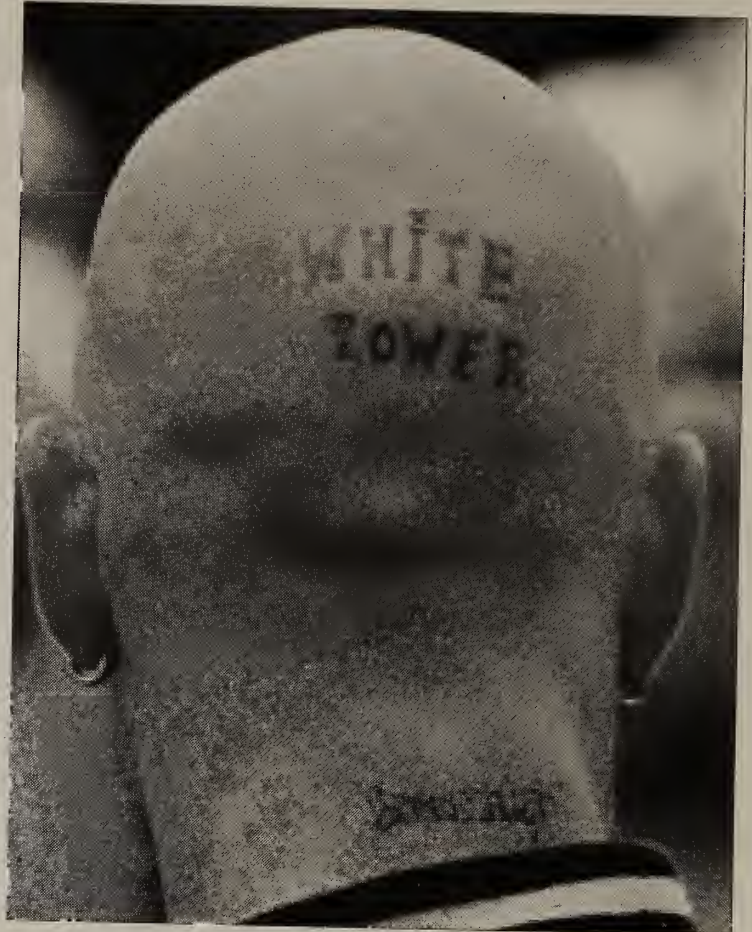
Bernard said international students receive more orientation and culture shock workshops to teach them what is OK and not OK in Canadian society and to inform them of what they can do if they are ever discriminated against.

Bernard said the college also trains its resident advisers to deal with these issues and informs all new faculty about the college's services. But "we don't directly address the topic of racism or cultural sensitivity" with new faculty, Bernard said.

Nixon and Bernard both said there is always room for more education on racism.

"I find education is the best way to prevent or reduce the amount of discrimination because, I think, discrimination comes about from lack of information and knowledge," she said.

The college needs to offer more opportunities for students to take a cultural diversity course, Nixon



(Internet photo)

In a recent Canadian study, one in 10 people said they wouldn't want people from another race living next door to them.

added.

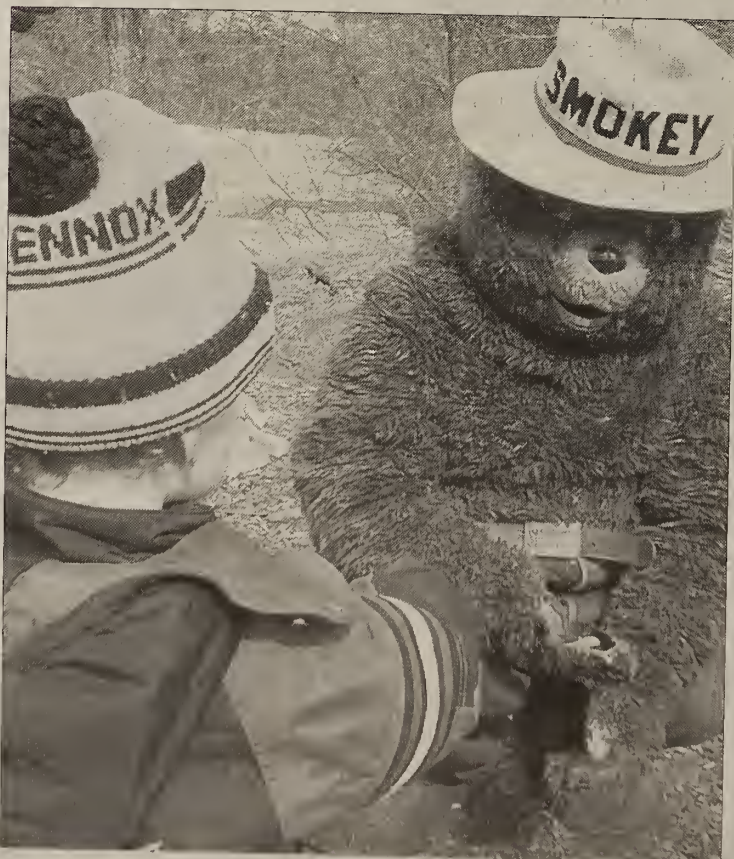
"Those are the courses I really think the college could have more of. Even policing, they do have diversity within (their program). Police, social workers, nurses - they're all working with clients with different needs (and) different backgrounds," Nixon pointed out.

"I'm not sure if there's a job where we wouldn't encounter people of differences. I think we could have a peaceful world one day if

we all reached outside of ourselves to think about what we're going to say or think before we act."

Bernard said the consequences for a student who has made a racist comment could include having a report written up about the incident or ultimately being expelled.

"Hopefully by doing that we're getting the message across that this is meant to be an environment where people can study and work in a harassment-free (school)," she said.



(Photo by Justin Bastin)

Only you can prevent forest fires

Devon Cadieux, 2, of Burlington, greets Smokey the Bear at the Springwater Maple Sugar Festival near Aylmer March 26.

SUMMER JOB OPPORTUNITY!

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Apply in Student Services (2B04)

Tips help you find perfect part-time job

• By STEPH BAULK

Sometimes it's hard enough being a student without having to hold down a part-time job as well.

However, if you must work, being employed in your field offers the most benefits.

So how do you get a part-time job you like? Tao Cruikshank, a Conestoga career services officer, has a few suggestions.

One of the big questions students have is if they should even have a part-time job at all while going to school.

Cruikshank said if you are a student who has a really good handle on juggling a lot of different things at one time, then it's good because you'll have some job experience, even if it's not in your chosen field.

"It shows you can hold down a job, it shows your employer you have time management skills and you can go to school and hold down a job at the same time, she said.

"However, school's number 1, so if you have to get your high grades and know what you're doing and if you're feeling strained, I would dump the job and do the school thing."

Cruikshank said even if you do have a part-time job that has nothing to do with your chosen career, it can still be a good thing because you are learning skills that you can apply everywhere.

"So, let's say you're in nursing and you work in a sports bar, which appears to have no relation, you're still learning time management skills, major communication skills and dealing with difficult people," she said. "You're going to use those skills no matter what job you go into.

"So it gives you opportunities and experiences you can use when you go into an interview and you can say you have excellent communication skills and give them an example of why," she said.

Cruikshank said right now many students are stuck because lack of experience makes it difficult to get a part-time job in their chosen career.

"I guess be open to doing the bottom of the barrel jobs in the area you want to go into, or if you real-

ly love it, pick it up as volunteering," she said.

If you feel you need help getting a job or you decide the career you chose isn't the right choice, you can go see Cruikshank in the career services office or go talk to someone in counselling in Student Services.

"They'll put you through some personality tests and some assessment tests to see what a good fit is for you," she said.

Cruikshank said when students are ready to go out job hunting, someone in career services can review their resumes and cover letters.

"We also have the resume referral service, which is great, so when students are ready to graduate we will keep their resume and cover letter on our database," she said.

"We also have the job posting website, so just go in and you can look for summer jobs, part-time jobs, on campus jobs, the whole works."

Cruikshank said when you do find a job posting you like, it's important to remember there's more to the posting than just the posting.

"There's way more to the job than those five lines," she said. "So think like a customer, what would you want if you wanted the service or product? And you'll know there's way more you'll have to do."

Cruikshank said another thing to do if you want to know more about the job is to call and ask to talk to someone about the job and what is involved.

She said the most important thing to remember when applying for a job is to be really enthusiastic and show you have the motivation to work there.

"Go in and show the person your positive and outgoing personality," she said.

The resume is another important part of finding a part-time job.

"The resume is just one of those formal things you have to do, even if you may know you have the job in the bag before you get there," she said.

"It's good to have because the employer has to doublecheck things and verify information."

Cruikshank said the best way to deliver your resume is to personally hand it to someone.

"You will be far more successful in getting the job if you can get more face-to-face time with the employer," she said. "Or, even if you can get around to handing it in at the front desk, it's better."

Cruikshank said if you took in your resume, applied and got an interview, it's important to do some research about the company and the position you applied for.

"You can go online, learn their mission statement, how many employees they have, what kind of products or services they have and all that kind of stuff," she said.

"So get a general sense of the company and then think a little bit about the kind of skills they are looking for and come up with some examples of those skills," she said. "You want to pinpoint those particular situations and have some stories in your head and then reveal them to your employer when he asks you those questions."

Cruikshank said you could also go to career services and get a list of typical interview questions that an employer will ask.

"You can take those and sort of practise with your friend until you get it, so that during the interview you'll be calm and know the answers and not draw a blank."

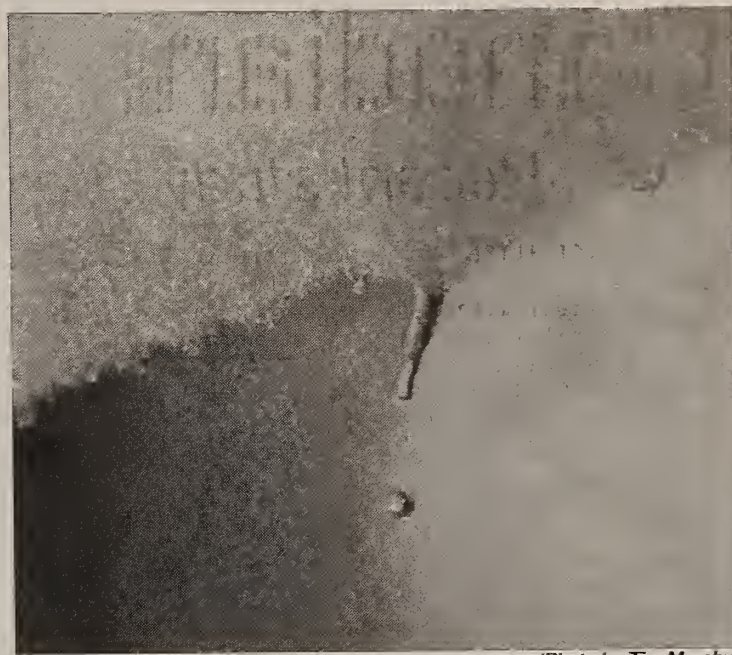
It is also important to make sure you dress appropriately and one notch above everybody at the company.

"Keep a big smile, have a firm handshake and treat everybody with respect no matter who they are in the company," she said.

When you're looking for a job take anything that's closely related because the person who has some experience, even volunteer work, will be one step ahead.

To make an appointment at career services or with Cruikshank, pop in to the office located in the Student Client Services Building on the second floor, e-mail her at tcruikshank@conestogac.on.ca or call her at 748-5220, ext. 3340.

"I'll often do a lot of resume critiques online as well if it's easier for people," she said.



(Photo by Tim Murphy)

Spring is in full swing

Winter weather prevailed in early March, but now the snow is finally melting. We can expect better weather except for some rain. Today will be sunny with a high of 7 C, and tomorrow expect light rain with a high of 11 C and a low of 4 C.

Local libraries and big bookstores forced to make changes

By DAWN HASSON

Big bookstores in Waterloo Region are simulating the cosy atmospheric qualities of libraries in an effort to attract a new line of readers.

This has caused some competition between local libraries and bookstores, but more readers are beneficial to both places.

Sonia Lewis, the chief librarian at the Kitchener Public Library, pointed out that libraries have been around much longer than bookstores.

"They (bookstores) are taking the best aspects of public libraries and using it as a retail setting," she said.

Lewis said bookstores as well as book clubs like Oprah's Book Club and Doubleday Book Club have helped to bring books into different people's lives.

"The combination of those things has made books more prominent," said Lewis.

The City of Kitchener is considering moving its library to the centre block in Kitchener's downtown core. Ambience will be a top consideration in the design, which means that the new library will focus on comfortable seating, quiet nooks and good lighting.

Big bookstore customers often sip coffee and browse; but that's also allowed in the Kitchener public library, which has its own café.

Browsing in a library is the No. 1 way people select books, followed closely by recommendations from acquaintances and choosing from books by an author a person already likes, according to a 2002 survey by the Association for Canadian Studies.

"A lot of people come in who have seen a book in a bookstore and they want to get it," said Cathy McInnis, the director of adult services at the Guelph Public Library.

Staff there hope for a new main library in downtown Guelph. More space and a coffee shop will be a

must in the new library. Plans for that are still in negotiation with the City of Guelph.

"Bookstores usually do better when there's a library in the area," said McInnis, who also said the library doesn't have space in its current location for new patrons.

The competition for new readers is part of an impetus for renovations at the Waterloo Public Library. It is being reorganized to provide better service, as well as to highlight fiction and new arrivals on the shelves. They're also bringing in enough copies of popular new titles so that readers don't have to wait long to get them.

The Waterloo library used to have five people waiting to read each copy on the waiting list, but soon only three people will wait for a copy.

Other changes include a new "fast reads" section with a loan period of a few days instead of the standard three weeks. This will accommodate those people who come in every few days looking for a new book.

Libraries aren't the only ones changing. Big bookstores are shifting away from inviting people to stay as long as they like, browsing books and not buying anything.

There are less comfortable couches than there were before in Chapters outlets, and open space is shrinking. Bargain shelves are turning into bargain bins, and there's less variety in non-fiction.

But bookstores and libraries still go hand-in-hand when it comes to readers, and they have still been given a boost since new readers have been introduced into the market.



(Photo by Jon Yaneff)

Books, books, books!

Tyler Boutillier, a second-year police foundations student, browses at the book fair March 21. The event was held to showcase new books in the hope that faculty might use them in their courses.

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HOROSCOPE

Week of April 4, 2005



Aries

March 21 - April 19

You're itching to get away from the craziness of life this week. Plan an adventure for the week-end. Otherwise, every day this week will feel like a case of the Mondays. Lucky days: 8th, 9th.



Libra

September 23 - October 22

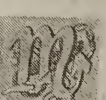
Movie stars might be able to switch partners as often as they change their underwear, but this is reality. If you're having trouble focusing, eliminate some of the distractions. Lucky days: 4th, 9th.



Taurus

April 20 - May 20

You're not one to blurt out what you're thinking, but something will happen this week you won't be able to keep to yourself. Don't count your chickens before they hatch. Lucky days: 5th, 10th.



Scorpio

October 23 - November 21

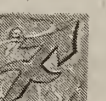
Don't let failure set you back this week. Learn from your mistakes and you'll do much better next time. Remember, succeeding takes a lot more effort than giving up. Lucky days: 6th, 10th.



Gemini

May 21 - June 21

The grass is always greener on the other side of the fence. And there's a better lawn mower and fertilizer and... Get your jealousy under wraps or you'll be as green as the Incredible Hulk. Lucky days: 7th, 9th.



Sagittarius

November 22 - December 21

Get out there and try something new, already! It's comfortable to have a routine, but you're boring people. Your stories will be more entertaining if they involve something even Colin Farrell wouldn't do. Lucky days: 5th, 8th.



Cancer

June 22 - July 22

Things in your life seem unusually tranquil this week. Appreciate it. Things are apt to become busy again. Get organized and be ready for a stress fest. Lucky days: 4th, 7th.



Capricorn

December 22 - January 19

You're accident-prone this week, and it's due to your rushing to get things done. That finish line looks nice, but enjoy the trip before you trip head-over-heels. Lucky days: 7th, 10th.



Leo

July 23 - August 22

Where were you last night? Don't remember? Get a handle on the partying, risk-taking and binges. There's always room for fun, but sometimes that Bud's really *not* for you. Lucky days: 4th, 8th.



Aquarius

January 20 - February 18

You're as bad as the worst gossip columnists. Before you start yakking about so-and-so's new something-or-other or who's dating whom, verify your facts. Nobody likes a liar and their created drama. Lucky days: 5th, 6th.



Virgo

August 23 - September 22

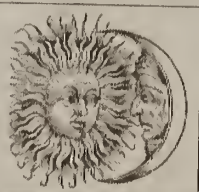
A wise man once said the best people to run the asylum are the inmates. If you feel your life is being run by nut cases, take charge. No one can run your life but you. Lucky days: 9th, 10th.



Pisces

February 19 - March 20

It's time to kick the habit - whatever it may be. You may not have a strong backbone, but you've got faith and you try your best to finish what you've started. Go for it! Lucky days: 6th, 10th.



Paige Hilton is a second-year journalism student holding fate in the palm of her hand.

Gambling on an education

By MIKE BORS

The College Poker Championships are underway to determine the world's best college No Limit Texas Hold'em player. Students from around the world are currently competing via the Internet for their share of a \$135,000 prize pool.

Five hundred dollars in scholarships are given to the top students competing in the competition each week. It is free to join for registered college and university students worldwide. Games are held every Sunday at 4 p.m. EST through May 8. The online final will be played on May 22 at 4 p.m. with the overall winner taking home \$41,000 in scholarship money, while the players who finish 2 through 10 will split a

\$54,500 prize pool. Each Top 10 finalist will earn \$1,000 to be donated to the charity of their choice. Players finishing 11 through 80 will share a prize pool of \$15,500.

"Poker has long been one of the most popular games of skill on campus," said Lou Krieger, host of College Poker Championship, in a press release. "It's not only a fun and charitable activity for students, it's also a wonderful tool for building decision-making skills."

When asked how students have been finding out about the tournament he said there has been some advertising but it's primarily been through word of mouth.

"The main force behind the formation of College Poker Championship has been Royal Vegas Poker, a leading online

poker site that was looking for a new way to practise responsible corporate citizenship," Krieger said.

The tournament is directed by volunteer Matt Savage who is currently the tournament director of the World Series of Poker. The College Poker Championships are non-profit. The tournament's goals are: to find the best Texas Hold'em, No Limit college poker player in the world; support students' educational endeavours with cash scholarships; and support the use of poker as a strategic learning tool among students.

This year they already have 20,000 new registrations and that number is expected to grow because the tournament goes until the end of May.

To register, go to www.college-pokerchampionship.com.

Monopoly is a serious game

By TIM MURPHY

It's a Sunday evening and a group of local business tycoons are busy in a St. Jacob's kitchen wrangling property deals.

Of course, 10-year-old Christian isn't dealing with real money as he takes on his aunt, uncle and father in the suburban household, although the shouting matches would indicate otherwise.

The name of the game is Monopoly, a world-famous board game produced by Hasbro.

Monopoly was created in 1934 during the height of the Depression by Charles B. Darrow.

The game was originally rejected by Parker Brothers because of 52 design errors, but Darrow continued to produce the game with the

help of a friend. Demand for the game grew, and Parker Brothers had a change of heart.

"Woo, I have Boardwalk!" Christian exclaims, seeming to forget it is just a game.

Over the last 70 years of its existence, Monopoly has been played by an estimated 500 million people according to the official Monopoly website, www.monopoly.com.

The Monopoly game is published in 26 languages and is available in 80 countries around the world.

More than 200 million copies of the game have been sold worldwide, and Parker Brothers claims five billion little green houses have been built.

Although Christian's Monopoly match ended in less than three hours, many games last a lot

longer. One match lasted 1,680 hours, or 70 straight days.

Other unusual statistics include a 99-hour match during which the players were in a bathtub and an upside down match that lasted 36 hours.

The largest outdoor game used a game board the size of a city block. It was 938 feet wide by 765 feet long.

As the pint-sized Mr. Moneybags clenches his empire of paper money in his tight little fists, we have to wonder how much money is in a set of Monopoly? The answer: \$15,140.

The game, however, is anything but fast, and usually only the most diehard player wins.

Christian, who can't normally sit still long enough to finish a sentence, walks away the victor, leaving the losers to clean up the pieces.

Celebrating Peer Appreciation Week April 4 - 8th

Peer Tutors & Hosts 2004 - 2005

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Matt Donald
Rebecca Grant
Rob MacLachlan
Megan O'Hara
Jill Schnitter
Igor Vojinovic
Sarah Yain
Katherine Cushing
Kawa Hasan
Kristy Regehr
Heath Beck
Pamela Bunker
Chris Cunningham
Lance Gifford
Marisa Havens
Amy Janssen
Jeremy Meiers
Lincoln Miller
John Poidevin
David Richard
Christopher Scott
Peter Vanderklippe
Karam Yousif
Andrea Diltner
Tony Hoogstraten
Tony Li
Sharon Wende
Melonie DeGuzman
Paige Hilton
Vanessa Strickland
Christine Dyack
Lindsay Peto
Geoffrey Stevens

Tetyana Alyeksyeyenko
Jessica Cousineau
Shamette Firus
Dave Grose
Melissa McComb
Silvia Peres
Lisa Sestito
Ashley Walte
Nicole Bolton
Cheryl Dewitt
Stephanie McKenzie
Sheila Stark
Patrick Beline
Michael Corey
Eric de la Chevroliere
Michael Gingerich
Michael Hewitson
Jeff Jarvis
Mike Morawski
Paul Napier
Paul Poirier
Kevin Sahadeo
Jessica Steuermol
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Nateel Hurly
Amanda Neal
Stephanie Woodstock
Rheal Duchesne
Leah Smith Heinisch
Melissa Young
Isabelle LeBlanc
Deborah Rickolta
Tania Warner

John Berwick
Deborah Cripps
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Harley Haskett
Danny Merkel
Charlie Restivo
Shelby Stranding
Jennifer Weir
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James Arnold
Valerie Ney
Herber Rodriguez - Jaimes

Andrea Brown
Matt Dawson
Sandra Good
Lisa Little
Brent Moore
Laura Schiebel
Senka Stipic
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Adam Wettlaufer
Kristen Boyes
Frances Hellewell
Heather Jamieson
Danae Piersma
Dorrell Cooke
Leslie Hepditch
Carrie Strauss
Corey Dutton
Cindy Nicholson

Thank-you from Peer Services!



Women's extramural team ends strong

By KATE BATTLER

The Conestoga Condors women's extramural hockey team played in their final tournament of the season at Seneca College, March 18.

The team finished fifth out of seven teams but Dan Twomey, one of four coaches, said the team started to play well after getting off to a rough start.

The Condors lost the first game 3-0 against the University of Toronto but started to pick it up during the second game against Sir Sanford Fleming.

Although the team went on to lose the second game by a score of 3-1, Twomey said the team played much better and was working together more.

"The players had a lot of chances, we just couldn't capitalize on them."

Kelly Grant was the lone goal-scorer of the game. She was assisted on the goal by Michelle Guy and Cathy Reidel.

Twomey said Marlene Ford, the athletic director at the recreation

centre and the team's goalie, played well throughout the tournament.

The third and final game of the tournament was also played against Fleming to determine which team finished fifth and which team finished sixth in the standings.

This time around the Condors came out on top, winning 4-1.

The first goal was scored by Randall Cramp, assisted by Laura Grubb and Reidel.

Grant got her second goal of the tournament when she was set up by Guy.

Guy and Reidel also assisted on Tina Sweiger's goal.

Lauren "Ruff" Kelterborn scored the last goal of the game and was assisted by Sweiger and Guy.

Twomey said the team was stronger in their second game against Fleming and was glad they could end the season on a good note.

"We're looking forward to next year and hoping more girls come out for the team."



(Photo by Kate Battler)

The Conestoga women's extramural hockey team: (from left, front row) Danielle Blackstock, Ashley Waite, Lauren "Ruff" Kelterborn, Randall Cramp and Michelle Guy, (second row) Mamie Sealey-Baker, Laura Sfrazza, Terry Ford, Pam Bunker and Laura Grubb, (third row) Dan Twomey, Scott Foster, Ryan Howe, Kelly Grant and Jeff Jonesy. Absent from the photo are Marlene Ford, Adrienne Schmidt, Tina Sweiger, Courtney Zettler and Cathy Reidel.

Baseball is juiced up and ready for action

By JON YANEEFF

Major League Baseball (MLB) has been embroiled in controversy surrounding steroid use ever since former slugger Jose Canseco published his best-selling book, *Juiced*. Since then the topic has seldom left the headlines and former and current MLB players such as Mark McGwire, Rafael Palmeiro and Frank Thomas were subpoenaed to testify before a U.S. federal grand jury about steroid use in MLB.

Nevertheless, the 2005 Major League Baseball season is underway.

The defending World Series champs, the Boston Red Sox, began the season April 3 against New York at Yankee Stadium. Last year the BoSox effortlessly swept the St. Louis Cardinals to win their first championship title since 1918.

Today the 28 other teams begin their quest to try to end Boston's reign as world champs.

But it will be no easy task as American League (AL) and National League (NL) teams have made several positive off-season trades and signings in an attempt to improve their clubs.

The Florida Marlins, the New York Mets and Seattle Mariners all made aggressive moves to try to get back into the playoff picture.

But still it's anyone's guess which teams will be there come October. So I will give my analysis on this season's potential division winners, as well as the two wild card winners.

Past World Series winners such as the Florida Marlins and the Anaheim Angels have fallen short to repeat as world champions, but the Red Sox seem to have the pieces to the puzzle to win in the AL East and to break the trend.

Boston's general manager Theo Epstein didn't miss a step after losing shortstop Orlando Cabrera and starting pitchers Derek Lowe and Pedro Martinez to free agency. He signed Edgar Renteria, Matt

Clement, David Wells and Wade Miller to contracts and they all are expected to fill the void to allow the Red Sox to repeat as World Series champions.

Boston's new acquisitions will blend nicely with Red Sox superstars, Curt Schilling, David Ortiz and Manny Ramirez, and will beat off the New York Yankees to win the division.

As for the Yankees, they revamped their starting rotation by acquiring Carl Pavano. Jaret Wright and future hall-of-fame pitcher Randy Johnson. But the moves won't make a difference as I predict the Yanks will fall victim to age and injuries. They should compete for the AL wild card.

However, don't count out the Toronto Blue Jays. The Jays took a hit after the exit of all-star first baseman Carlos Delgado but fought back by acquiring third baseman Corey Koskie and designated hitter Shea Hillenbrand. Also raising stars, pitchers Davis Bush and Brandon League, and outfielder Gabe Gross have all had an impact in spring training and should all have break-out seasons. The Jays are hoping Koskie and Hillenbrand, along with a new ballpark name (the Rogers Centre), can help lead the Jays back into the playoffs.

The Baltimore Orioles and the Tampa Bay Devil Rays should round out the AL East. The Orioles acquired power-hitting Sammy Sosa in the off-season, while the Rays are hoping rising star B.J. Upton will emerge as the AL Rookie of the Year.

In the AL Central the Minnesota Twins should easily win their fourth straight division title.

The Twins pretty much have the same squad from last year, which includes talented outfielders Shannon Stewart and Torii Hunter. And Cy Young winner Johan Santana should continue to lead the Twins in the right direction.

The Chicago White Sox should

be the Twins only challenger in the central. The White Sox had 83 victories last season and that number should only improve after acquiring outfielders Jermaine Dye and Scott Podsednik. Podsednik won the NL Rookie of the Year in 2003.

The Anaheim Angels changed their name to the Los Angeles Angels of Anaheim, but they still have the best team in the AL West.

The Angels signed outfielder Steve Finley and shortstop Orlando Cabrera. Cabrera and the reigning AL MVP Vladimir Guerrero were formerly teammates in Montreal and they should help lead the Angels to their second straight division title.

The Seattle Mariners also drastically improved their team by signing corner infielders, Richie Sexson and Adrian Beltre. Beltre led the majors last year with 48 home runs.

Lack of pitching will put the Texas Rangers and the Oakland Athletics in the basement of the AL West.

The Mariners, White Sox, Blue Jays and Yankees will all compete in the AL Wild Card race, but it should be the Yankees heading to the playoffs come October.

I dislike the Yankees, however, owner George Steinbrenner loves to spend money, hence, if the Yanks fall behind from injuries look for them to make some moves at the July 31 trading deadline to buy their way into the playoff picture.

I predict this is finally the year the Atlanta Braves do not make the playoffs. Though the Braves acquired all-star starting pitcher Tim Hudson and top-shelf closer Danny Kolb, it's unknown whether former closer John Smoltz can successfully return to the Braves starting rotation. Smoltz was previously a starter before he missed the entire 2000 season after tearing a medial collateral ligament in his right elbow in spring training of that year.

I predict two teams will compete

for the first new NL East winner in 13 seasons. The New York Mets and the Florida Marlins both added superstar players and their teams should benefit.

I know in the past the Mets have been criticized for signing big-name players such as Mo Vaughn and Roberto Alomar to big contracts, but this time it will be different for the Mets.

Newly signed all-stars, Carlos Beltran and Pedro Martinez, will most likely gel nicely with the rest of the Mets, which should earn them a playoff berth.

But the Marlins should capture their first division title.

I believe Carlos Delgado is the missing link that will turn the Marlins into the ultimate contender. The Marlins mix of power (Delgado, Mike Lowell, Miguel Cabrera and Paul Lo Duca) and speed (Jaun Pierre and Luis Castillo) will allow them to push their way into the playoffs.

I can't see the St. Louis Cardinals losing any ground in the NL Central. They won their division by 13 games last season and by acquiring starting pitcher Mark Mulder, the Cards chances of dominance will only improve.

The Cardinals lineup carries many offensive weapons, which include outfielders Jim Edmonds and Larry Walker and infielders Scott Rolen and Albert Pujols. Pujols has averaged 41 home runs and 125 runs batted in during the past three seasons, and he is my pick to win the NL MVP.

Last year's NL Wild Card winner, the Houston Astros, lack power in the outfield and the Killer Bs (Craig Biggio and Jeff Bagwell) are not getting any younger. This mixed in with the departures of Jeff Kent and Carlos Beltran should keep the Astros on the outside of the playoff picture.

The only bright spot for Houston is closer Brad Lidge. Lidge set a NL record for strikeouts by a reliever when he sat down 157 bat-

ters last season.

The Cards only competition comes from the Chicago Cubs and the Cincinnati Reds. The Reds are hoping their foursome outfield quartet of Adam Dunn, Austin Kearns, Ken Griffey Jr. and Wily Mo Pena can make some noise in the NL central. Kearns and Griffey's recent injuries last year allowed Pena to finally get noticed in the majors as he hit 26 homers in his first full season.

The NL West will be full of surprises, but the San Diego Padres should prevail as the west champs for the first time since 1998. The Padres have an excellent starting pitching staff, which is bolstered by Jake Peavy. Peavy is a very good right-hander who should compete for the NL Cy Young award. Also, outfielders Ryan Klesko and Brian Giles, and infielders Mark Loretta, Sean Burroughs and up-and-comer Khalil Greene make the Padres quiet contenders.

The Los Angeles Dodgers, the San Francisco Giants and the Arizona Diamondbacks will all try to steal the NL West away from the Padres. Barry Bonds is on the injured list indefinitely with back spasms and this will affect the Giants on the field.

If the other teams don't watch themselves the Diamondbacks could pounce on the NL West. They've acquired two big-name sluggers (Troy Glaus and Shawn Green) and this could help them bid for a playoff berth down the stretch.

As for the NL Wild Card race, look for the Mets to win, hands down. Their new acquisitions will tangle with the Braves, the Reds and the Diamondbacks for the chance to compete in the fall classic.

Who will win the 2005 championship?

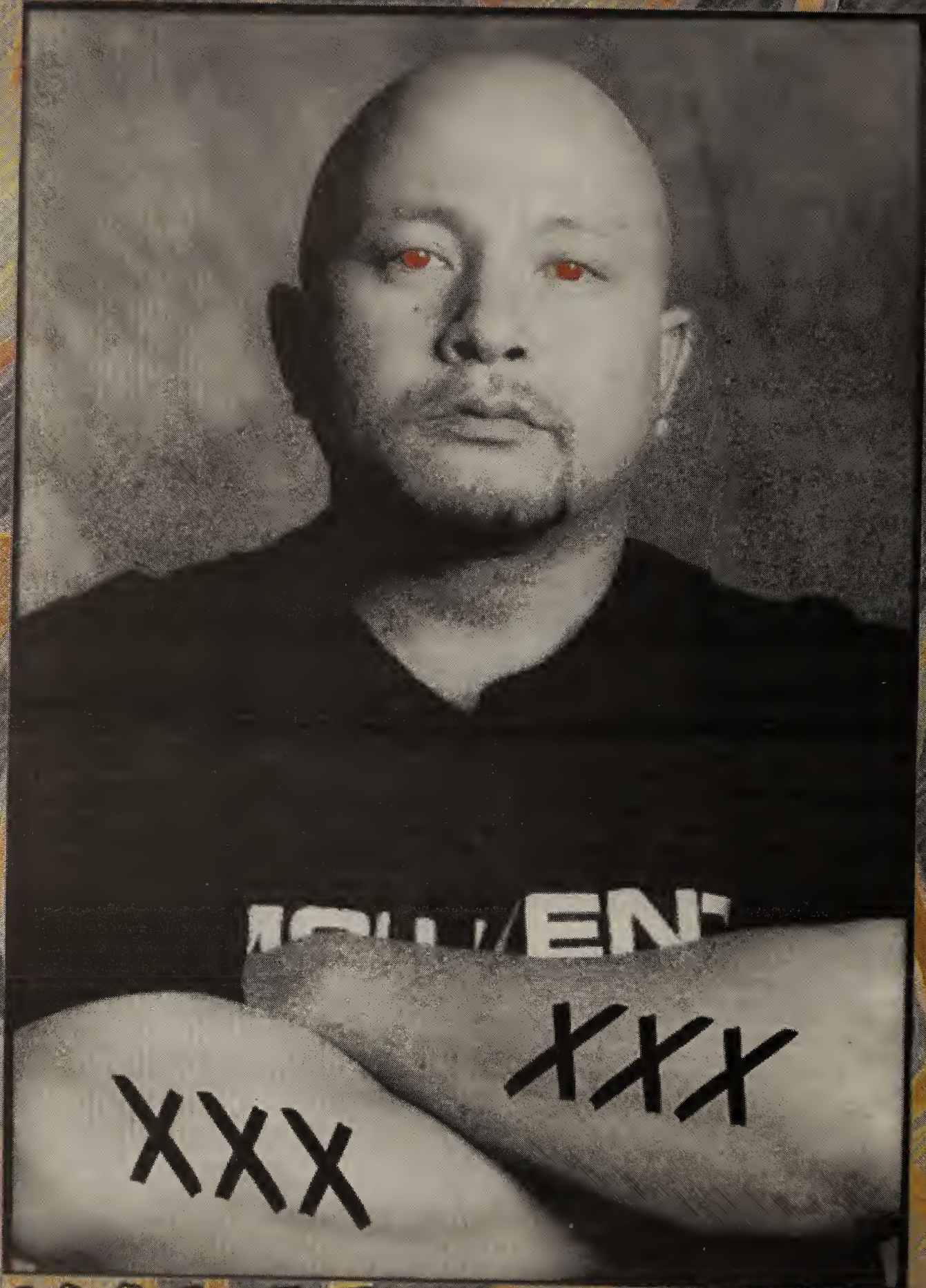
I predict the Marlins will win their second World Series in three years by defeating the Red Sox.

Now, sit back and see how my predictions pan out.

GUESS WHO'S BACK?

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